



**fisherking**  
SEAFOODS

**EAT LIKE ROYALTY**



**GREY SOLE**

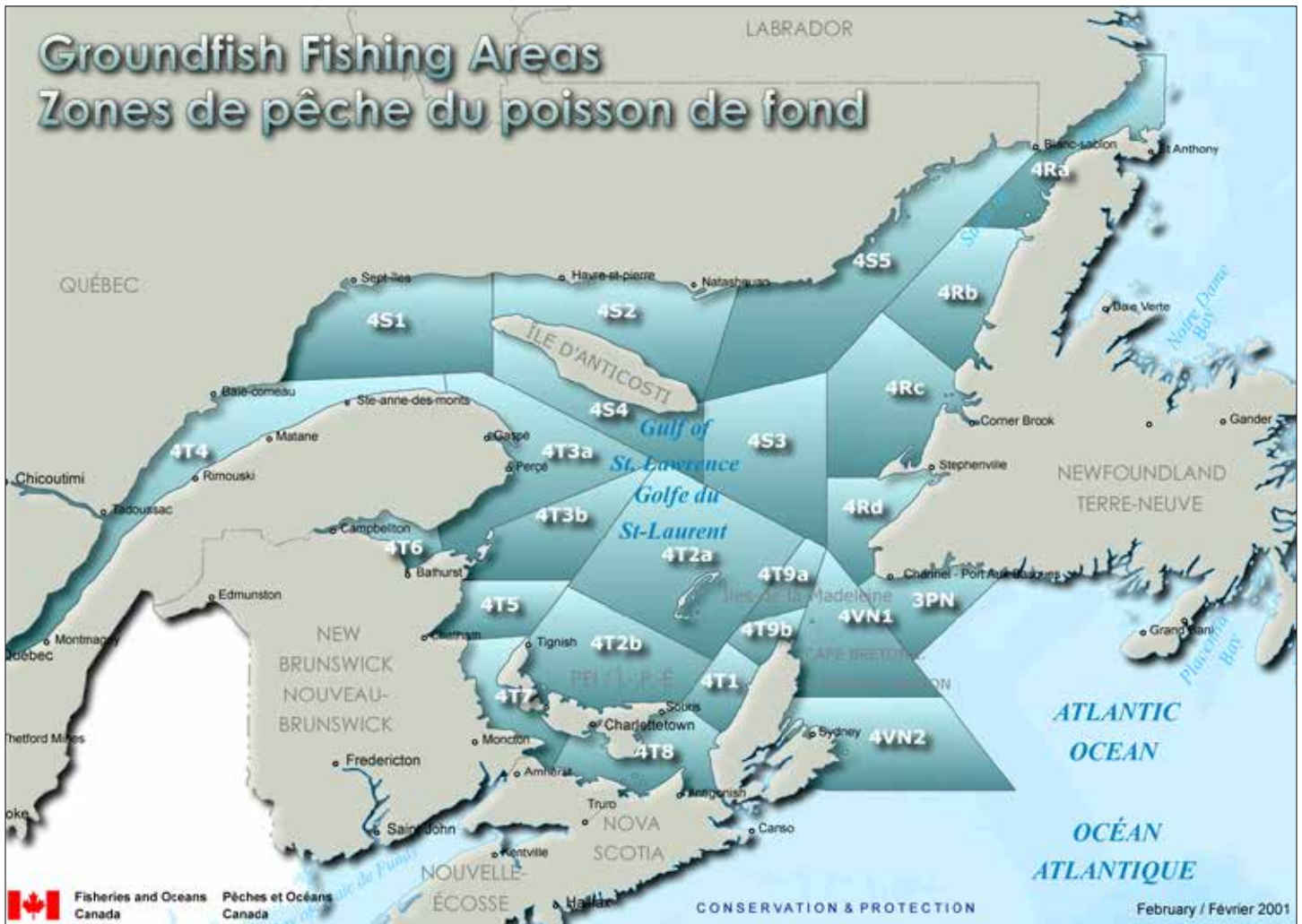
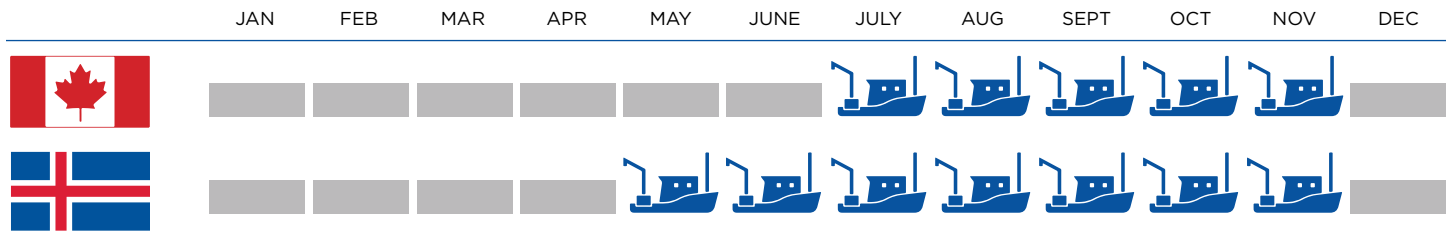
*Glyptocephalus cynoglossus*

# Flat Fish Excellence

Prized by our Asian-North American customers for its snow white meat, this day boat and frozen-at-sea product is the world's premiere flat fish. Our Canadian seasonal production supplements our

Icelandic harvest to ensure continued program supply. Packed in IQF and Block formats, we supply the flexibility your customers require.

## FISHING SEASONS



## Grey Sole 101

Grey Sole (*Glyptocephalus cynoglossus*), also known as Witch Flounder, is a flat right sided fish with a small mouth, small head and a narrow body. They are brownish/russet grey on the top side, and the bottom is plain white. Grey Sole grow to be a maximum of 25 inches long and weigh about 4 lbs. They are a deep water fish, found on the bottom of the Gulf of St. Lawrence, and off the coasts of Newfoundland and Iceland.



## HANDLING INSTRUCTIONS



### Shelf Life

24 months after freezing date.



### Storing

Keep Frozen. Product must be maintained below -18°C (0°F) during storage and shipment.



### Thawing Instructions

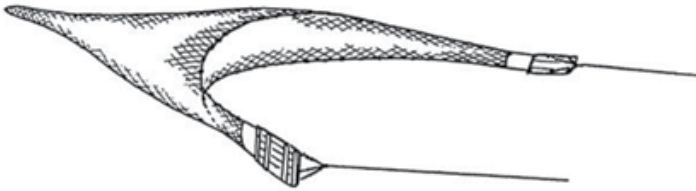
Place in refrigerator until defrosted to maintain firmness, do not immerse in water.

Nutrition Facts		
Serving Size 3 oz (85g)		
Amount Per Serving		
<b>Calories 70</b>		
		% Daily Value*
<b>Total Fat</b> 2g		<b>3%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 1g		
<b>Cholesterol</b> 39mg		<b>13%</b>
<b>Sodium</b> 69mg		<b>3%</b>
<b>Total Carbohydrate</b> 0g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 16g		<b>32%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

**Ingredients:**  
Grey Sole

## Catch Techniques

Grey Sole is caught with otter trawls. Otter trawls are large nets that are dragged along the bottom of the ocean, or higher up the water column behind a towing vessel, collecting fish as it's towed.



### Products (Frozen)

### Sizes

### Grey Sole Packs Available

#### Canada

200-400 g  
400-500 g  
500-800 g

**1 x 15 kg IQF**

#### Iceland

400-500 g  
500-800 g  
800+ g

**1 x 20 lb IQF**

**Master Carton Dimensions:** 23.5"L X 10"W X 7"H  
**TiHi:** 8 x 10

## Also available at Fisher King Seafoods

### Atlantic H&G Halibut

Product Description: Headed and Guttled (H&G)  
Sizes: 10-20lb, 20-40lb, 40-60lb, 60-80lb, 80+lb  
Pack Size: Random weight totes

### Flounder Fillets

Product Description: Shatter Pack, Skinless, Boneless, Chemical-free  
Species Available: American Plaice, Yellowtail, Black Back  
Sizes: 1.5-3oz, 3-5oz, 5-8oz, 8oz+  
Pack Size: 4x10lbs

**Also available at Fisher King Seafoods****H&G Turbot**

Species: Reinhardtuis hippoglossoides  
Product Description: Headed and Gutted (H&G),  
IQF and Shatter Pack  
Sizes: 300-500g, 0.5-1kg, 1-2kg, 2-3kg, 3-5kg, 5+kg  
Pack Size: 1x30lb, 1x15kg

**HOG Turbot**

Species: Reinhardtuis hippoglossoides  
Product Description: Head-on, gutted (HOG),  
IQF and Shatter Pack  
Sizes: 400-600g, 600-800g, 800-1000g,  
800-1200g, 1000-1200g, 1200+g, 2-3kg  
Pack Size: 1x30lb, 1x15kg, 1x18kg

## Our Competitive Advantage

### METHODOLOGY

**Reach**

Fisher King Seafoods sources from every region, assuring the best seafood available at the best price and the most up to date market information.

**Quality Control**

Fisher King Seafoods has four seasonal inspectors physically inspecting the production in plants throughout the entire season.

**Location**

Fisher King Seafoods is directly adjacent to all of the Canadian fishing zones. "This is our backyard."

**Relationships**

Strategic partnerships with Polar Seafood DK, Nichirei Fresh Inc. and Canadian packers gives us access to seafood from around the world year-round.

**Knowledge of International Markets**

Through our equity partner, Nichirei Fresh Inc. of Tokyo. Fisher King Seafoods has access to current pricing, including demand and supply figures from Japan.

**Diverse Seafood Line**

Fisher King Seafoods carries multiple species of crab, shellfish, shrimp, and fin fish. One source for all your seafood needs.

### FEATURES & BENEFITS

- Wild Caught
- 100% Natural: No chemicals or additives
- Single frozen, maintaining premium texture and flavor
- Harvested in the cold, pristine waters off Newfoundland and Nova Scotia
- Imported from crystal clear waters surrounding Iceland
- Produced in a HACCP approved facility/ HACCP approved factory freezer vessel
- High in Omega 3 natural fish oil
- Mild flavor profile and snow white appearance

### YOUR SOURCE FOR NATURAL, WILD CAUGHT SEAFOOD

Long-term access to responsible fisheries ensures year-round availability of our core line of wild caught seafood. All Fisher King branded products are packed under our strict Quality Assurance Program in HACCP approved facilities. We custom pack to private label specifications on select items. Certified at source, every order is carefully handled and efficiently delivered.

## The Fisher King Story

Fisher King Seafoods Ltd. was founded in Halifax, Nova Scotia, Canada in 1996. Since its inception, FKS has seen solid and steady growth in the variety and volume of products we market. At FKS we focus on what we know best; wild-caught, once-frozen, locally-produced and sustainably-harvested Atlantic Canadian seafood items. Our strategic partnerships also give us added purchasing power, expertise and access to some of the highest quality seafood items from around the globe.

“We built Fisher King on integrity, quality and exceptional service. Our partnerships and long-term marketing agreements are made only with suppliers exacting the same high standards. Ongoing investment in sustainable fisheries secures our ability to consistently provide you with the best seafood in the world today and for years to come.”

**Tor Conklin**  
CEO, Fisher King Seafoods Limited

## Our Strategic Partnerships

### NICHIREI

Nichirei, Japan’s largest food service distributor and one of Japan’s largest Seafood Companies partnered with Fisher King Seafoods in 2009 bringing added strength and diversity to the FKS product line. Nichirei’s Marine Division, Nichirei Fresh, is a global leader in seafood procurement and distribution. By utilizing strict buying practices and on-location oversight, Fisher King Seafoods is provided with access to the highest quality of seafood available. Fisher King Seafoods is now able to provide customers with a wide variety of sashimi and sushi quality products sourced from around the globe.



### POLAR SEAFOOD

Polar Seafood is a multinational company with offices in Greenland, Denmark, Great Britain, Norway, Italy and Russia. With over ten modern factory freezer vessels and interests in land-based facilities in several countries, Polar Seafood Denmark is a major force in global seafood production. Polar is the largest quota holder and producer of Snow Crab Clusters in Greenland and one of the world’s leading producers of Cold Water Prawns. We are proud to market the “Polar Bear” to all our North American customers.



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[www.fisherkingseafoods.com](http://www.fisherkingseafoods.com)